

EG Health and Wellness Committee

Meeting Minutes

Monday, November 30, 2015

3-4:30pm

In attendance: Robert Downey (EG PE/HE Dept. Chair), Karin Wetherhill (RI Healthy Schools Coalition), Alexis Meyer, Nancy Day, Carolyn Mark

I. Welcome and Introductions

The Committee welcomed Karin Wetherhill from the RI Healthy Schools Coalition who said a few words about the Coalition and how it is working to support school districts. More information can be found at <http://www.rihsc.org>. Members are encouraged to sign up for their online newsletter here: <http://www.rihsc.org/join>. The RIHSC is offering free, periodic workshops that may be of interest to our school community, and we will share that information as it becomes available.

II. Overview of Evolving PE/Health Curriculum

Department Chair Bob Downey shared the following google doc which reflects the evolving health curriculum:

https://drive.google.com/folderview?id=0B3ASTpCVsk5QaUxUUmNxejFNNGs&usp=sharing_eid&ts=5666f19d. If you want to view this folder, you will need to send him a request to view it at rdowney@egsd.net.)

The discussion centered around many of the changes that have been made in the curriculum to reflect changes in RI regulations (governing such topics such as CPR and dating violence) as well as the evolving needs of our students. Changes also include changes in sequencing so that students have a chance to integrate what they've learned in health into their PE classes and vice versa. The discussion also included some new, student-led initiatives to ensure that the health curriculum is inclusive of the needs of all students, including those who are lesbian, gay, bisexual, transgendered, etc. (LGBTQ+).

III. Report out and discussion on suggested work plans for goal areas

Indoor Recess

Nancy Day has been working with Sue Riley and Dom Giusti on an indoor recess tool kit (see draft attached). They welcome feedback/additions on this. There was some discussion that once the committee has finished working on the draft document (hopefully by the January meeting) that we shop it around across the district so that administrators, teachers and staff can provide input into the document so that it can truly become a shared resource.

Community Education

Nancy Day shared a draft overview of the H&W policy that could serve as a shortened fact sheet for educating the community (see attached). Karin Wetherhill shared that another school district had just recently created a small packet that includes a checklist for schools to ensure that they've done the basics in terms of informing their school community of the H&W policy. Nancy Day will review these materials and share them with Dom Giusti to see how much of their approach we would like to adopt. The goal is to discuss and finalize this at the next meeting or so.

Staff Wellness

Rose Emilio submitted an email report in advance of the meeting indicating that a district-wide sign up sheet was created via google docs so that staff members from across the district could avail themselves of the wellness opportunities that each of the schools chose to create. The programs were slated to begin after the Thanksgiving holiday.

Other goal areas will be taken up at the next meeting as some folks were unable to attend this one.

IV. Update on heart health accreditation

We tabled this item as Laura Murphy was unable to attend.

VI. Review action items/next steps

Carolyn Mark is to send out minutes and schedule the next meeting.